

Senior Center SNAPS



the **SENIOR PIPELINE**

M A Y
2016

Get Active and Get Involved!

*Check out the
calendar for new
events and programs!*

Winstar Trip
AARP Drivers Safety Training
Spud & A Show
Balance Screenings
HVP: Summer Kick Off
Matter of Balance



Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

www.hursttx.gov/hsac



Visit Randy Foster's blog at: <http://hurstseniors.blogspot.com/>

Cecil Kearney's Hurst Senior Center blogs at:

<http://hursttech.blogspot.com/> ; <http://hsc-pix.blogspot.com> ; <http://hurstfood.blogspot.com>

SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Seniors ages 55 & over.

Hurst Residents **\$20 per year**
 \$5 day pass

Non-Residents **\$80 per year**
 \$10 day pass

Thank You!

- | | |
|---------------------|---------------------|
| • Artisan Theater | • Keller Oaks |
| • Brown & Freeman | Rehabilitation |
| • Busy B’s Bakery | • Lexington Place |
| • CoreBenefits | • Lion Hospice |
| • Connect Hearing | • Martha’s Senior |
| • Custom Fit | Gourmet |
| Insurance | • Meadowood |
| • Donut Plaza | At the Vinyards |
| • Educate DFW | • Mid-Cities |
| • Edward Jones, | Pharmacy |
| Adam Davenport | • Nations Insurance |
| • First Hurst Donut | • Parkwood |
| • Gotta Go Tours | Retirement |
| • Grace Hospice | • Shield Awards |
| • Heartland | & Promotions |
| Bedford | • Smile Donuts |
| • Heritage Village | • Tarrant County |
| Residences | Health |
| • Humana | • Tenderheart |
| • Hurst Plaza | Home Health |

Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Coordinator
Laura Gore	Senior Secretary
Linda Provence	Asst. Activ. Coordinator
Ron Beall	Part-Time Attendant
Diana Conway	Part-Time Attendant
Ellen Fennell	Part-Time Attendant
Gayle Stevens	Part-Time Attendant

Author: Maurine LeCocq, HSAC Journalist

When you look through the Senior Pipeline do you read it cover-to-cover every month or do you look for, and read, just the items you are interested in? Looking through it last March I realized I review my favorite group and activities then check what’s new that month. Reviewing every single activity available was an eye-opener.

Have you any idea how many classes and groups we have available for us to participate in? We had a total of 51 classes and groups in March. Many of these are re-occurring classes which means there are over 180 class, programs or activities for you to participate in regularly. Do you know how many people we have instructing all these classes and groups? Looking at the March Senior Pipeline I counted 31 instructors. I wondered how many volunteers instructed more than one class or group and was amazed. Twelve instructors teach more than one class or group. All of the computer classes are taught by volunteers. Several HSAC staff members instruct a few of the classes; and many Senior Center members volunteer their time so that we can benefit from their talents and knowledge. The number of classes and groups changes periodically, which can result in a slight fluctuation in the number of instructors we have. Most of these classes or groups are free. A few of them involve a nominal fee that is much lower than one would have to pay in other locations.

We are so fortunate to have these very special instructors! Kudo’s to all these wonderful people.

On Tuesday, May 3rd, the Hurst Senior Activities Center will honor our instructors by inviting them to stop by the center for a complimentary “A Quick Bite” lunch. Each instructor will also receive a special gift as a token of our appreciation. Make it a point to thank your instructors for all that they do.

OPEN ACTIVITIES

Games

“42”

Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

Billiard’s Room

Open Daily

Novice Play

Tues. & Thur. 5:00 pm - 7:00 pm

Bunco

2nd Mon. 1:00 pm - 3:00 pm

Chicken Foot

Tue. & Fri. 1:00 pm - 3:00 pm

Duplicate Bridge

Tue. & Thur. 12:30 pm - 4:30 pm

Canasta

Wednesdays 10:00 am - 12:00 pm

Tues. & Thur. 2:00 pm - 5:00 pm

Mah Jongg

Monday 2:00 pm - 4:00 pm

Wednesday 10:00 am - 12:00 pm

Mexican Train

Monday & Wednesday 1:00 pm - 3:00 pm

Ping Pong

Wednesdays 9:00 pm - 12:00 pm

Fridays 10:15 am - 12:15 pm

Party Bridge

Tue. & Thur. 9:00 am - 12:00 pm

Fridays 10:00 am - 12:00 pm

Learn a New Game

Tuesdays 10:00 am - 12:00 pm

Puzzles

Check the library for the latest jigsaw puzzle

Scrabble

Wednesdays 1:00 pm - 3:00 pm

Wii Play

Monday & Wednesday 4:00 pm - 6:00 pm

Health & Exercise

Walking Group (14 laps make a mile!)

Work Out on Your Own With one of our available Exercise DVD’s

(See the front desk for room and video access.)

Choose From:

Qigong

Richard Simmons - Disco Sweat

Richard Simmons - Silver Foxes

Richard Simmons - Sweatin’ to the Oldies

Tai Chi for Beginners

Texercise

Walk Away the Pounds

Yoga for Beginners

Yoga for the Lower Back

Connect Hearing

(94027Y 1/25/Conference)

2nd Thursday of each month

9:00 am - 10:00 am

Get a FREE hearing screening and the basic facts on hearing loss signs, causes, and treatments so you can better understand this common problem.

Arts, Crafts & Misc.

Ceramics* & Wine Bottles*

Tue. & Thur. 9:00 am - 2:00 pm

Coupon Clique

Tue. & Thur. 9:00 am - 12:00 pm

Glass Fusion*

2nd Tue. 2:00 pm & 3rd Thur. 6:00 pm

Knot-a-Lot

Wednesdays 1:00 pm - 4:00 pm

Quilting

Tuesdays 1:00 pm - 5:00 pm

** With the exception of Ceramics, Wine Bottles & Glass Fusion, open activities generally do not require a fee.*

SOCIAL PROGRAMS

MONTHLY DANCES All Seniors 55+ are Welcome! Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only \$5 payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out! Refreshment Sponsors: Heartland Bedford and Chateau on Wildbriar Lake.

POTLUCK BINGO! (95002 5/75/MP) Thursday, May 5, 6:00pm Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Beef Goulash) drinks and prizes. Please sign up in advance. **FREE!**

MOVIES & MUNCHIES (95001 5/75/MPN) Friday, May 6, 1:00pm. Join us as we offer a current movie with "munchies" - including popcorn, drinks, and a snack for **only \$3**. This month's feature is "Philomena." Judi Dench plays an elderly Irish woman who, as a teenager, gave birth while she was working in a convent. The Church had the child adopted, and now, decades later, Philomena is introduced to Martin Sixsmith, onetime government spokesperson who is now working as a freelance journalist. Martin agrees to help Philomena look for her son, and the trail takes them to the US, and brings them face-to-face with some long-buried secrets. Rated PG-13. Please sign up in advance. Sponsored by CoreBenefits.

BIRTHDAY PARTY (95006 6/75/MPN) Wednesday, May 11, 2:00pm Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. Please sign up. **FREE!** Sponsored by Todd Olsen, Accuquest.

BREAKFAST CLUB (95015 10/50/MPN) Thursday, May 12, 8:30pm Wake up and get up to the Senior Center for a hearty breakfast. Enjoy assorted breakfast casseroles, juice, and coffee. Fresh fruit sponsored by Connect Hearing. **\$3 per person.**

HAPPY HATTERS MEETING (95040 1/75/MPN) Friday, May 13, 9:00am Hostess of the month JoAnn Morgan invites you to join this fun group of women for a trip to the Old School House in Bedford, TX followed by lunch at Posados! We will meet at the Senior Center for a brief business meeting, then carpool to our destination. School tour is \$3 per person. Wear your red hat and name badge! \$2 "Hatters' Fund" donation appreciated. Please sign up at the front desk so we know you're coming and can make reservations accordingly.

BINGO IN THE AFTERNOON (95058 5/75/MP) Wednesday, May 18, 2:00pm Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Keller Oaks Healthcare. **FREE!**

WHAT'S FOR LUNCH (95096 6/50/MPN) Thursday, May 26, 11:30am Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is only \$3 per person. This month's main menu item is "Swedish Meatballs." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood at the Vinyards.

CAFÉ EXCHANGE (94062 1/30/SA) Mondays & Fridays, 10:00am - 1:00pm What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair and a cup of coffee and join us in Studio A.

NEWCOMERS CONNECTION (94005 1/15/Conf) Friday, May 13, 2:15 pm. Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you learn your way around, meet new people and find things to do! Please sign up so we know to expect you. **FREE!**

SPECIAL EVENTS

WINSTAR CASINO TRIP (95016X 45/56/bus) Wednesday, May 4, 8:00am - 6:00 pm It's time for our annual trip to Winstar! A chartered deluxe motor coach will pick you up and drop you off at the Senior Center. Senior Center membership is not required, so friends and family are welcome to join us. We should arrive at Winstar in plenty of time for you to enjoy the free Senior Breakfast at the Gran Via Buffet. Please plan to arrive early for departure as the bus will leave promptly at 8 am. No refunds unless trip minimum is not met. \$20/pp.

SELF-DEFENSE FOR SENIORS (95091Y 1/15/MPN) Tuesday, May 10, 10:00 am Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Class will include lecture as well as hands on training. Taught in a relaxed and fun environment by instructor David Scott who holds a Black Belt in Karate. **FREE!**

AARP DRIVER SAFETY PROGRAM (94049Y 1/20/CRC) Tuesday, May 17, 9:00 am - 2:00 pm Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Consult your agent for insurance discount availability upon course completion. AARP membership is not required. \$15 for AARP members and \$20 for non-members. Fees due at time of class, please have exact change or check, no credit cards. Bring your driver's license. Please note that class will be going through lunch and we offer "A Quick Bite" for \$5 per person. You must sign up for lunch separately. Space limited. Sign up at front desk. Instructor: John Chreno.



SPUD AND A SHOW (95033Y 1/100/MPN) Thursday, May 19, 5:30pm-8:00pm Get out of the house tonight and come enjoy a complimentary potato bar sponsored by Parkwood Retirement and a movie classic. Featured movie is "The Second Best Exotic Marigold Hotel." Please sign up in advance so we can prepare accordingly. **FREE!**

MATTER OF BALANCE! (94020Y 10/20/MPN) Tuesdays, May 24 - July 12, 10:00 am - 12:00 pm Award winning program designed to manage falls and increase activity levels. Learn practical strategies to reduce the fear of falling and increase your activity. Reduce fall risk factors by understanding your environment and how you can change it, and how to gain strength and balance through exercise. Minimum of 10 participants for class to make. Must commit to 8 weeks of classes. Sponsored by Tarrant County Public Health. Please sign up in advance. **FREE!**

BALANCE SCREENINGS (94089Y 1/20/Front Lobby) Wednesday, May 25, 10:00 am - 11:00 am. This free screening takes five to ten minutes and involves two short tests of a person's gait and ability to stand up and sit down without using his or her arms. Representatives will offer individuals easy adjustments that may prevent a fall in the future. Sponsored by Heartland of Bedford. **FREE!**

HERITAGE VILLAGE PRESENTS: SUMMER KICK OFF (Heritage Village Park) Thursday, May 26, 6:00pm-8:00pm Kick-Off your summer at Heritage Village Park with FREE activities including an Iron Man Obstacle Course, FREE push-up pops and other family friendly activities and a FREE concert by Live 80! Concert begins at 7 pm. No sign up required. Event is open to the public so invite your friends and family to join you on the lawn. Don't forget to bring your blanket and lawn chairs. **FREE!**

COMPUTER RESOURCE CENTER

Computer Resource Center The Computer Resource Center is always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room. Use of the Computer Resource Center is **FREE!**

Private Computer Lessons (93005 ^{1/1/Comp}) **By Appointment** Do you need just a little one on one assistance with a computer issue? Do you prefer an individual lesson over a group lesson? Do you have a specific task you are trying to do or program you want to master? Make an appointment for a private computer training session. Instructor may vary depending on topic or area of desired training. Limited assistance is available for laptops and other devices. **\$5 for a 30 minute session.** Multiple sessions may be purchased at one time. Please sign up at the front desk and an instructor will contact you to schedule your private lesson.

Internet Genealogy (93014 ^{1/16/Comp}) **Thursday, May 5, 2:30 pm - 3:30 pm** Learn the basics on some of the top free and paid genealogy websites to add to your family tree or preserve documents and photos to share with family and friends. We'll visit Ancestry.com, Find A Grave, and FamilySearch.org, among others. Instructor: Emily Johnson. **FREE!**

Facebook for Desktop Computers (93041 ^{1/16/Comp}) **Thursday, May 5, 3:30 pm - 4:30 pm** Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, block others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Emily Johnson. **FREE!**

iPad and iPhone (93042 ^{1/16/Comp}) **Fridays, 9:30 am-10:30 am** Each week explore a different topic related to iPad and iPhone technology. Bring your device and questions. (Please note class cancelled on 5/13.) Instructor: Fannette Welton. **FREE!**

E-mail Only (93027 ^{1/16/Comp}) **Tuesdays, 9:00 am - 10:00 am** This class features a new topic each week for those new to Yahoo Mail. Instructor: Cecil Kearney. **FREE!**

- Week 1– Write email & attach pictures
- Week 2– Read email and save pictures
- Week 3– Organize with folders and filters
- Week 4– Options and making changes

Windows 10 (93004 ^{1/16/Comp}) **Tuesdays, 10:15 am - 11:15 am** Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. Free!

- Week 1– Do what you did before Windows 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program

Intermediate Computers (93016 ^{1/16/Comp}) **Tuesdays, 11:30 am-12:30 pm** New topic each week for those ready to increase their computer skills. Instructor: Cecil Kearney

- Week 1– Intermediate E-mail
- Week 2– Intermediate MS Word
- Week 3– Intermediate Searching
- Week 4– Back up your data

Google Apps (93018 ^{1/8/Comp}) **Wednesday, May 11 & 25, 9:00 am - 10:00 am** Learn about the free Google applications in the "cloud", which are compatible and can replace Microsoft applications, which you must pay extra for. We'll learn about Google Docs (compatible with and can replace Microsoft Word), Sheets (like Microsoft Excel), and Google Photos. Bring your Google email address and any files you might want to put in the cloud or convert. We'll have a Chromebook or two to play with also. Instructor: Dave Thompson. **FREE!**

CREATIVE ARTS

Floral Arranging (91050 ^{1/8/SA}) **Thursday, May 12, 2:30 pm.** Airy Summer Wreath. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

Bead Mania I (91048 ^{1/8/CRB}) **Thursday, May 19, 2:00 pm.** Purple Necklace with Earrings. Instructor: Diana Conway. Class fee \$5; Supply fee \$16.

Jewelry Repair (91026 ^{1/8/SA}) **May 23, 1:00 pm–2:00 pm** bring your broken costume jewelry to be repaired. We can replace broken clasps, restring beads, and do other minor repairs. For questions concerning the possibility of jewelry repair, see Diana Conway. **\$5 repair fee** for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs.

HSAC Crafting (91094 ^{1/25/CRB}) **May 25, 11:00 am** Join Diana as she begins work on creating fun and easy items to be sold at the 2016 Craft & Holiday Market. All items are made from donated materials and proceeds from the sell of these items benefit the Senior Center. Bring your ideas. All supplies are provided.

Bead Mania II (91056 ^{1/8/SA}) **Thursday, May 26, 2:30 pm.** Leather Knot Bracelet. Instructor: Diana Conway. Class fee: \$5; Supply fee \$10.

Glass Fusion Lessons (91073 ^{1/10/CRB}) **Wednesday, May 25, 9:30 am** Learn to cut glass and more as you create a pendant for a necklace. Limit 2 pieces per class (\$5 additional piece). All supplies provided. Instructor: Diana Conway. Class fee \$15.

Ceramics (91001 ^{1/25/SA}) **Tuesdays & Thursdays, 9:00 am - 2:00 pm.** Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

Wine Bottles (91054 ^{1/25/SA}) **Tuesdays & Thursdays, 9:00 am - 2:00 pm.** Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

Glass Fusion (91092 ^{1/10/CRB}) **3rd Thursday at 6:00 pm.** Use your own materials. Participants are required to have taken the Glass Fusion class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

Simple Sewing Repairs (91009 ^{1/8/SB}) **May 13 & 27, 3:00 pm** Need a button sewn on, a hem repaired or other minor sewing done? Diana Cubillos will be available to offer assistance in getting the mending done. Please sign up so she knows to expect a repair. **FREE!**



Caring Covers Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

CREATIVE ARTS

Art Addicts (91002 ^{1/16/CRB}) Mondays, 9:00 am - 11:00 Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest. Class Room B has been reserved just for you! Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent. No instructor. **FREE!**

Multi-Media Painting (91101 ^{1/16/CRB}) Mondays, 12:15 pm - 4:00 pm Classes on the use of watercolor, pastels, acrylic, and oil painting. Choose your medium! Instructor Victoria Pedersen. \$40/mo.

You Can Paint with Oils (91074 ^{6/15/SA}) Friday, May 13, 9:30 am - 12:30 pm Painting title: ""Beautiful Blue Dome of Mykonos, Greece." Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Beginners learn basics of color mixing, brush strokes and perspective while completing a detailed landscape or seascape under the patient guidance of award winning "Teacher of the Year, Susan & Robert Garden, founders of the Robert Garden School of Art. All art supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Instructor fee \$15; Supply fee \$18. Bring Paper towels and wear old clothes. Class fee \$15; Supply fee \$18.

Writing Group (94064 ^{1/15/CRB}) Thursdays, 10:00 am - 12:00 pm Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen. \$15/mo.

Quilter's Choice (91024 ^{1/8/SB}) Mondays 10:00 am—1:00 pm This month pick your pattern. Instructor will have patterns available for you to choose from or bring one of your own. Instructor: Jan Cook. \$25 monthly fee.

Quilter's Lab (91078 ^{1/12/SB}) Tuesdays 10:00 am—1:00 pm Instructor assistance with your project. Instructor: Jan Cook. \$25 monthly fee.

Beginner Quilt Making (91047 ^{1/12/SB}) Wednesdays 10:00 am—1:00 pm You do not have to make a bed size quilt to be a quilter! Come learn all the basics of quilting. Project finished in a month! Instructor: Jan Cook. \$25 monthly fee.

Quilter's Block of the Week (91003 ^{1/12/SB}) Tuesdays, 1:00 pm - 3:00 pm Join this group of quilting fanatics as they work on a block each week. Pattern is a 1/2 inch square triangle and you will need to make 25 squares total. Bring your own materials and sewing machine. There is no instruction provided, so you must have prior quilting experience/knowledge. For more information contact Jan Cook. Class is **FREE!**

"Knot-a-Lot"(Open ^{1/25/SB}) Wednesdays, 2:00 pm - 4:00 pm Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to join and "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**

FUN & GAMES & GROUPS

Get Your Pics (lobby) Tuesdays, May 10 & 24, 2:00 pm Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive . **FREE!**

Computer Club (93035 ^{1/16/Comp}) Monday May 2 & 16, 1:00 pm - 2:30 pm Come and join Sailor Dave for 1.5 hours of computing fun. Bring your questions, problems, laptops, phones, tablets and anything else you might want to work on. Any level of expertise is welcome, from learning how to check email, learning how to "Google" something, or figuring out Cloud questions and more. Bring your problems and questions and we'll dig in, find answers, work together, and sometimes tell stories about things we've learned or done. Instructor: Dave Thompson. **FREE!**

Billard's Corner Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 ^{8/12/BIL}) May 4, 2:00 pm - 4:00 pm** Sponsor: Heritage Village Residences. **FREE!**
- **8-Ball Tournament/Singles (95078 ^{8/24/BIL}) May 13, 11:00 am - 4:00 pm** Sponsor: Chateau on Wildbriar **\$3/pp.**
- **Mixed Doubles Pool (95086/Men: 95042/Ladies ^{7/14/BIL}) May 18, 11:00 am - 2:00 pm** Sponsor: Riverside Inn. **FREE!**
- **9-Ball Singles Tournament (95029 ^{8/24/BIL}) May 27, 11:00 am—4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

Texas Hold'em Tournament (95007 ^{1/40/MPN}) Wednesday, May 25, 2:00 pm - 4:00 pm Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Sponsored by: Mike Smith, Custom Fit Insurance.

Bunco (95092 ^{5/30/MPN}) Friday, May 27, 1:00 pm Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown & Freeman, LLC. **FREE!**

Music & Song (95035 ^{5/100/MPN}) Mondays 2:15 pm - 4:00 pm Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! **FREE!**

- 1st Mondays join Carol Bradley for Karaoke and requests!
- 2nd & 4th Mondays join Michelle for hits from the decades!
- 3rd Monday join Linda Provence for all your old and new favorites!

Book Club (94078 ^{1/20/Conf}) Monday, May 16, 3:00 p.m. This month we will discuss "In Bitter Chill" by Sarah Ward. The new book to read will be "The Glass Castle" by Jeannette Walls and it will be discussed in our June meeting. Facilitator: Elaine Wicker. **FREE!**

Aircraft & Helicopter Science Group (95031 ^{1/16/CRB}) 1st Thursday, 2:00 – 4:00 pm Your help is needed to develop and present aviation programs in area schools and Boy Scout troops on engineering, math, and vocational careers. Facilitator: Bob Shultz. **FREE!**

Grief Support (94036 ^{1/20/CRA}) 4th Thursday of each month at 10:00 am Come for healing and support. Sponsored by Lion Hospice, Dr. Joanne Pryor-Carter, ED.D. LPC. **FREE!**

Learn a New Game! Please sign up so instructors can plan properly. No experience necessary. All lessons are **FREE!**

- **Pinochle Lessons (94065 ^{1/16/CRB})** 1st Tuesday each month, 10:00 am - 12:00 pm. Instructor: Raymond Friesen.
- **Texas Hold'em Practice (94012 ^{1/16/MPN})** 3rd Tuesday each month, 10:00 am - 12:00 pm Instructor: Terry Mesler.
- **Samba Canasta Lessons (94019 ^{1/16/Game Room})** Wednesdays 10:00 am - 11:00 am Instructor: Barbara Brown.

FITNESS/HEALTH/WELLNESS

Fitness Room Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

Fitness Orientation is offered every Friday at 1 pm and the 2nd & 4th Tuesday of each month at 6 pm. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room. Seasoned members are always welcome to attend if they have questions or need a refresher on the use of the equipment. We do ask that you register due to space limitations in the Fitness Room.

Personal Training Personal trainers, Gerald Campbell and Rosy Pritchett, are available to assist you in reaching your individual health and fitness goals. They will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. Please specify your trainer preference when paying for your session. **\$35/hr.**

Chair Massage & Reflexology (PoS) Wednesdays 10:00 am - 11:00 am Massage benefits include: stress relief, immune system boost, improved circulation, muscle pain relief, and more. Appointment is required, see front desk. Therapist: David Hyland. \$1 per minute.

Fit Start I Exercise Class Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92063 5/30/MPS)** 5:45 pm, Instructor: Rosy Pritchett **\$10/ 4 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$12.50/ 5 classes**
- **Wednesdays (92062 5/30/ MPS)** 5:45 pm, Instructor: Rosy Pritchett **\$10/ 4 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10/ 4 classes**

Fit Start II Exercise Class This class is for those ready to move to the next level in their fitness. Class will include floor exercises. Please bring an exercise mat and a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92051 5/30/MPS)** 9:00 AM, Instructor: Gerald Campbell **\$10/ 4 classes**
- **Wednesdays (92050 5/30/MPS)** 9:00 AM, Instructor: Gerald Campbell **\$10/ 4 classes**

Zumba Gold Latin inspired fitness dance classes taught by certified instructors. Purchase a punch card for \$20 for 5 sessions, which can be used as often as you like until you have taken the 5 classes. (Must be used within 3 months of date purchased). Purple card/Tuesdays. Green card/Wednesdays.

- **Tuesdays (92003 5/30/MPN)** 10:30 am - 11:15 am Instructor: Rosy Pritchett
- **Wednesdays (92002 5/30/MPN)** 10:15 am - 11:00 pm Instructor: Kalyn Worthey

Hawaiian Dance (92047 1/20/MPN) Wednesdays, 11:00 am - 12:30 pm This class will provide instruction on rhythm combined with hula basics and songs. A variety of traditional Hawaiian dances will be learned in preparation for the class performance at our Annual Luau in August. Instructor may occasionally include brief history lessons about Hawaii as part of the class. Instructor: Stephanie Mahelona. **FREE!**

Tai Chi (92049 3/20/MPN) Wednesdays 9:00 am - 10:00 am Chinese system of slow meditative exercise designed for relaxation, balance, and health. Instructor: David Hyland. **FREE!**

EDUCATION & SEMINARS

Blood Pressure Checks (Front Lobby) 1st Wednesday each month, 10:00-11:00 am Come by the front lobby and get your blood pressure checked. Sponsored by: Hurst Plaza Nursing & Rehabilitation.

Medicare Counseling & Q & A (Front Lobby)

The Medicare program is made up of several "parts" that offer various benefits, including hospital insurance (Part A), medical insurance for doctors' services (Part B), and prescription drug coverage (Part D). Stop by and visit with a representative:

- Monday, May 2, 10 am—11 am with Mike Smith, Custom Fit Insurance.
- Thursday, May 26, 10 am—11 am with Celia Neyra, Nations Insurance Solutions.

Better Health for Seniors: Got Stress?

(94063 1/80/MPN) Friday, May 6, 11:00 am—12:00 pm Stress from change is a natural part of life. Unfortunately, without appropriate stress management, it can affect our physical, mental, and emotional health. Therefore, understanding how change leads to stress, as well as how to manage that stress is an important part of leading a healthier, happier life. Lori Matthews, Director of Therapy Services for Lakewood Village Health Care Center will share information on how to manage stress through life changes. **FREE!**

Educate DFW: Life Insurance 101 (94001

1/20/Conf) Tuesday, May 10, 1:00 pm - 2:00

pm. There are many types of life insurance and many ways to use it as a tool in your retirement. Come learn about the different types and how useful and flexible life insurance can be, especially when it come to taxes Instructor: Angela Tveden. **FREE!**

Health Talk (94056 1/25/SA) Wednesday,

May 11, 1:00 pm The Hurst Fire Department will be here to explain the City of Hurst Outdoor Warning Sirens. Come learn about their purpose, testing and most importantly, the reasons why outdoor warning sirens are activated and how you should respond. **FREE!**

Edward Jones Presents: (94040 1/24/Conf) 2nd Friday each month at 10:00 am. How to Grow Your Money When Interest Rates Are So Low! Come learn where to find income and make sure your investments are set correctly to maximize your income. Door prize will be given away and Adam Davenport will be available for questions after class. **FREE!**

Health for Me (94071 8/25/CRB) Tuesday, May 3, 10:00 am - 12:30 pm Last class for this session. Registration is closed. Sponsored by Tarrant County Health. **Free!**

Trusts and Wills (94088 1/16/Conf)

Wednesday, May 11, 10:00 am When it comes to talking about providing for the inevitable and making plans for distribution of assets and end-of-life issues, not many enjoy discussing their mortality. Come for this discussion on the reasons you might consider having a living trust. In addition, we will cover other important documents you may need to protect you and your loved ones now and in the future. Sponsored by Nations Insurance Solutions. **FREE!**

Ask A Pharmacist (94087 1/16/Conf) 3rd

Wednesday of each month at 10:00 am Learn about current trending topics related to drugs, health and wellness from one of our Hurst pharmacists. Sponsored by Mid-Cities Pharmacy. **FREE!**

History of Aviation (94030 1/20/CRB)

Wednesday, May 18, 2:00 - 4:00 pm Bob Shultz will present Helicopters and Drones for the years 2020 to 2030. This looks at Air Bus Helicopter, Bell Helicopter-Textron, Sikorsky, etc. Please sign up at the front desk.

Insurance Happy Hour (94039 1/30/SA)

Friday, May 20, 2:00 - 3:00 pm Come wind down and start getting ready for your weekend with some light refreshments and friends. Enjoy a brief presentation about insurance options for auto, home, life and health. Sponsored by CoreBenefits. **FREE!**

AQUATICS CLASSES

UNSTRUCTURED WATER TIME Use of the pool for unstructured water time is scheduled three days per week in two 55 minute increments. Space is limited to a maximum of 15 participants per day/time slot. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

- **Mondays, 10:00 am - 10:55 am (92065 ^{3/15/HVR}) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 ^{3/15/HVR}) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 ^{3/15/HVR}) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 ^{3/15/HVR}) \$5/month**

Purchase a 5 class Punch Card (92075) for \$20. Choose your day and time. Come when it's convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.

WATER WELLNESS If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 10:05 am - 10:45 am (92071 ^{3/15/HVR})**
- **Thursdays, 10:05 am - 10:45 am (92072 ^{3/15/HVR})**

WORK IT IN WATER Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 11:05 am - 11:45 am (92073 ^{3/15/HVR})**
- **Thursdays, 11:05 am - 11:45 am (92074 ^{3/15/HVR})**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00
10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time
11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time

FITNESS/HEALTH/WELLNESS

Line Dancing Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Beginners Line Dance (92054 ^{5/50/MP})** Thursdays, 1:00 pm - 1:45 pm
- **Intermediate Line Dance (92055 ^{5/50/MP})** Thursdays, 1:45 pm - 2:30 pm

Party Dance (92045 ^{3/50/MP}) **Fridays, 11:15 am – 12:00 pm** Get your heart pumping while learning a variety of dances including salsa, tango, ball room and other partner dances as well as line dances and more. Instructor: Rosy Pritchett. **FREE!**

Strengthen On Your Mat Core strengthening class that combines pilates, basic exercise moves, and yoga. Bring a bottle of water and a mat. Classes are \$2.50 each, payable at the beginning of each month.

- **Wednesdays (92057 ^{5/30/ MPS})** 4:00 pm, Instructor: Rosy Pritchett **\$10/4 classes**
- **Fridays (92061 ^{5/30/MPS})** 10:00 am, Instructor: Rosy Pritchett **\$10/4 classes**

Ageless Grace (92007 ^{5/30/MPS}) **Thursdays, 10:30 am - 11:15 am** Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for ageing youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are \$2.50 each, payable at the beginning of each month. **\$10/4 classes.**

Yoga Classes Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation and meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Mats are available, but you are welcome to bring your own.

- **Hatha Yoga (92035 ^{3/25/MPS})** **Tuesdays, 2:30 - 3:30 pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Michelle Varley/Debbie Melchiorre. **FREE!**
- **Chair Yoga (92053 ^{3/25/MPS})** **Tuesdays, 3:45 - 4:45 pm** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Instructor: Michelle Varley/Debbie Melchiorre. **FREE!**
- **Yoga Therapy (92052 ^{3/15/MPS})** **Mondays, 1:00 pm - 2:00 pm** Yoga Therapy is the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Instructor: Rachel Cowley. \$4 per class, payable at the beginning of each month. **\$16/4 classes.**
- **Relax, Renew & Restore Yoga Workshop (92060 ^{3/8/MPS})** **Thursday, May 19, 3:00 pm - 4:30 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**

Monday	Tuesday	Wednesday
Sign Ups Begin 9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:00 Medicare Counseling 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 2:15 Music & Song 5:45 Fit Start I	Instructor Appreciation Day!! 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Health for Me 10:00 Quilter's Lab 10:00 Pinochle Lessons 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga	8:00 Depart for Winstar! 9:00 Tai Chi 9:00 Fit Start II 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:00 Blood Pressure Checks 10:00 Samba Canasta Lessons 10:15 ZUMBA Gold 11:00 Hawaiian Dance 2:00 Ladies Powder Puff Pool 4:00 Strengthen on Mat 5:45 Fit Start I
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 2:15 Music & Song 5:45 Fit Start I	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Self Defense for Seniors 10:00 Quilter's Lab 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 1:00 Educate DFW 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 6:00 Fitness Orientation (92025)	9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:00 Samba Canasta Lessons 10:00 Trusts and Wills 10:15 ZUMBA Gold 11:00 Hawaiian Dance 1:00 Health Talk 2:00 Birthday Party 4:00 Strengthen on Mat 5:45 Fit Start I
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 2:15 Music & Song 5:45 Fit Start I	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 9:00 AARP Drivers Training 10:00 Quilter's Lab 10:00 Texas Hold'em Practice 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga	9:00 Tai Chi 9:00 Fit Start II 10:00 Massage & Reflexology 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 10:00 Ask A Pharmacist 10:00 Samba Canasta Lessons 11:00 Hawaiian Dance 11:00 Mixed Doubles Pool 2:00 History of Aviation 2:00 Bingo In The Afternoon 4:00 Strengthen on Mat 5:45 Fit Start I
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Jewelry Repair 2:15 Music & Song 5:45 Fit Start I	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 E-mail Only 10:00 Quilter's Lab 10:00 Matter of Balance 10:15 Windows 10 10:30 ZUMBA Gold 11:30 Intermediate Computers 1:00 Quilter's Block of the Week 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 6:00 Fitness Orientation (92026)	9:00 Tai Chi 9:00 Fit Start II 9:00 Google Apps 9:30 Glass Fusion Lessons 10:00 Balance Screenings 10:00 Samba Canasta Lessons 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 HSAC Crafting 11:00 Hawaiian Dance 2:00 Texas Hold'em Tournament 4:00 Strengthen on Mat 5:45 Fit Start I
SENIOR CENTER CLOSED FOR MEMORIAL DAY	9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Quilter's Lab 10:00 Matter of Balance 10:30 ZUMBA Gold 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga	

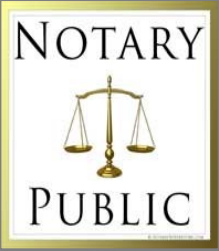
Thursday	Friday
9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:30 Ageless Grace 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Aircraft & Helicopter 2:30 Internet Genealogy 3:30 Facebook 6:00 Potluck Bingo	9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 Better Health For Srs 11:15 Party Dance 1:00 Fitness Orientation (92027) 1:00 Movie and Munchies
8:30 Breakfast Club 9:00 Hearing Screenings 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:30 Ageless Grace 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Floral Arranging 7:00 Dance - Bill G Band	9:00 Happy Hatters 9:30 iPad/iPhone 9:30 You Can Paint With Oils 10:00 Strengthen On Mat 10:00 Edward Jones Presents 10:00 Café Exchange 11:00 8-Ball Singles Tournament 11:15 Party Dance 1:00 Fitness Orientation (92028) 2:15 Newcomers Connection 3:00 Simple Sewing Repairs
9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:30 Ageless Grace 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Bead Mania I 3:00 Relax, Renew, Restore 5:30 Spud & A Show 6:00 Glass Fusion	9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 11:15 Party Dance 1:00 Fitness Orientation (92029) 2:00 Insurance Happy Hour
9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 Medicare Q&A 10:00 Grief Support 10:00 Writing Group 10:30 Ageless Grace 11:30 What's for Lunch 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania II 6:00 HVP: Summer Kick Off 7:00 Dance - Classic Country	9:30 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 9-Ball Singles Trnmnt. 11:15 Party Dance 1:00 Fitness Orientation (92030) 1:00 Bunco 3:00 Simple Sewing Repairs
See "Open Activities" for additional continuous classes and programs.	Class schedules are subject to change. Please check your enrollment receipt for current class information or check with the front desk for class changes or cancellations.

"A Quick Bite"
Tuesdays
Only
\$5

*You choose your main entrée.
See front desk for available
options.*

*All meals come with a cup of
soup, and a dessert.*

Upcoming Entrée Menu
May 3: Loaded Baked Sweet Potato
May 10: Stuffed French Bread
May 17: Chef Salad
May 26: Chicken Pot Pie




NOTARY
PUBLIC

Need something notarized? The Senior Center offers free notary services. No appointment necessary, but we do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center members.

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